



# THE FISH HOUSE FISTRAL

## LUNCH MENU - 12 - 4pm

### SHARING BOARDS FOR 2

|   |       |   |        |  |        |
|---|-------|---|--------|--|--------|
| Homemade focaccia, baked daily by our chefs, served with olive oil and balsamic vinegar | £5.95 | Selection of Seafood  | £21.95 | Tacos - All served with tomato, chilli, red onion salsa, mixed salad leaf and piri piri mayonnaise |        |
| Add marinated mixed olives  | £3.95 | crispy squid with garlic aioli, piquillo peppers with salt cod, crab cakes, tempura tiger prawns with sweet chilli, homemade focaccia bread |        | Two Tacos (for 1 person)   | £9.95  |
|   |       |   |        | Four Tacos (for 2 persons to share)  | £19.90 |
|   |       |   |        | Grilled seabass / Tempura of cod / Panko fried tiger prawns  |        |

### FIRST COURSES

|  |        |   |        |   |        |
|--|--------|---|--------|---|--------|
| Cornish crab open sandwich with homemade mayonnaise, cucumber and mixed leaf salad | £14.95 | Panko fried sesame tiger prawns with a mangetout, fresh coconut and chilli salad and curried mayonnaise | £10.95 | Crispy fried squid with a Greek salad, feta, tomatoes, olives, oregano and garlic aioli | £10.95 |
| Homemade fish finger open sandwich, with tartar sauce and mixed leaf salad         | £11.95 | Grilled half shell scallops with ginger, garlic, black beans, soy, sesame and coriander                 | £13.95 | Fritto Misto prawn, bass, hake and squid with a chilli dipping sauce                    | £10.95 |

### MAIN COURSES

|   |               |  |              |   |        |
|---|---------------|--|--------------|---|--------|
| Roasted Hotshell Selection of shell fish, mussels, crab claw, scallop and tiger prawns with chilli, garlic and olive oil served with focaccia<br>Add Lobster when available | £16.95/£30.95 | Moules marinière cooked in a classic French style with onion confit, garlic, white wine, butter and flat leaf parsley served with focaccia | £11.95/21.95 | Sri Lankan prawn curry with dahl, coconut sambal, basmati rice and poppadom (hot and spicy)                     | £22.95 |
| Panfried sea bass fillets crushed new potatoes, tenderstem broccoli and basil aioli   | £22.95        | Skewered Balinese style monkfish with a carrot and chilli sambal, Balinese dipping sauce and rice  | £23.95       | Seafood risotto with mussels, tiger prawns, crab, hake fillet and pangrattato                                   | £22.95 |
| Crab and tiger prawn linguine with chilli, garlic, white wine, cherry tomatoes and pangrattato  | £21.95        | Fish and chips battered cod fillet with tartar sauce, a pea purée and hand cut chips   | £15.95       | Prime 10oz (280g) sirloin steak 28 day dry aged Scottish Highland beef, pepper sauce served with hand cut chips | £27.50 |

### SIDES

|                |       |                              |       |  |       |
|----------------|-------|------------------------------|-------|--|-------|
| Hand cut chips | £4.95 | Minted new potatoes          | £4.95 | Seasonal vegetables                    | £4.95 |
| Fries          | £4.00 | Garlic and rosemary potatoes | £4.95 | Mixed leaf salad with mustard dressing | £4.95 |

*We cannot guarantee the absence of traces of nuts or other allergens. Please advise a member of staff if you have any particular dietary requirements*

